

 Hours of Operation: Monday - Friday 8:30am - 4:30pm Location: 1701 Woodroffe, Ave - Entrance 3 Phone: 613-580-2424 ext. 46652		Nepean Seniors Centre Fall Schedule September 01 - December 23, 2026 			
Location	Monday	Tuesday	Wednesday	Thursday	Friday
	Membership Activities *Membership or drop-in fee required				
Outside		Walking Club 10:00-11:00 AM Register at front desk			
Heritage Room	Bid Euchre 12:30-3:00 PM	Learning Series Inquire at the front desk	Contract Bridge (Partners) 12:30 - 3:00 PM	Cribbage 1:00 -3:00 PM	Creative Crafters 9:00-11:30 AM
	Sixty Six 1:00-3:00 PM		Social Board Games 9:30 - 11:30 AM <i>*Until Oct 14, the time slot will change afterward</i>	500 12:30- 3:00 PM	Fun Bridge 1:00 - 3:30 PM Chinese Mah Jong 1:00-3:00 PM
NSC Meeting Room				Robber's Rummy 1:00-3:00PM	
Hall F		Euchre 12:30 - 3:00 PM	Short Mat Bowling 1:00 -3:00 PM		
			Short Mat Bowling 6:00 -8:30 PM	Duplicate Bridge (Partners) 12:30 - 4:00 PM	Duplicate Bridge (Partners) 12:30 - 4:00 PM
Concourse	Shuffleboard 1:00-3:00 PM		Shuffleboard 1:00-3:00 PM		
Registered Activities - 50+ *Additional fees apply. Visit our front desk to learn more or to register.					
Hall F & Heritage Room	Chair Exercise (Heartwise) 10:30 - 11:30 AM Activity: 196449 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 196834 Hall F	Chair Exercise (Heartwise) 9:30 - 10:30 AM Activity: 196595 Hall F	Songsters (Rental) 9:30-11:30 AM For more information Email: Nepeansongsters@gmail.com	Tai Chi Level 3 (Heartwise) 9:00 - 10:00 AM Activity: 196905 Hall F
	Yoga Chair (Heartwise) 10:45 - 11:45 AM Activity: 196883 Heritage Room <i>*Starts Oct 19</i>		Zumba Gold 11:00 - 12:00 PM Activity: 196885 Hall F	Strength & Balance 9:30 - 10:30 AM Activity: 196863 Hall F	Tai Chi Level 2 (Heartwise) 10:00 - 11:00 AM Activity: 196895 Hall F
	Strength & Balance 1:00-2:00 PM Activity: 196872 Hall F		Learn Bridge- Level 1 10:00-12:00 PM Activity: 196874 Heritage Room <i>*Starts October 21</i>		Tai Chi Level 1 (Heartwise) 11:00 AM-Noon Activity: 196889 Hall F
Nepean Creative Arts Centre Location: 35 Stafford Rd, Nepean		Tap Dance- Level 1 11:00-12:00 PM Activity: 196911 Dance Studio 10			
		Tap Dance- Level 2 12:00-1:00 PM Activity: 196920 Dance Studio 10			
		Tap Dance- Level 2/3 1:00-2:00 PM Activity: 196928 Dance Studio 10			